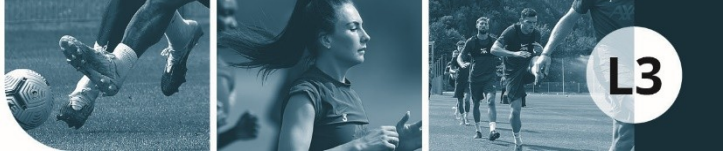

BTEC Assignment Brief

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Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	**Unit 15: Developing Coaching Skills**
Learning aim	D: Review sport and activity sessions as an assistant coach
Assignment title	Reflect and review
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	The multi-sport event was a real success with all participants engaged throughout and enjoying the different activities of offer. It is now time for you to reflect and review on your performance utilising your own perceptions as well as those of the participants that you have gained via feedback.

Task 1	As you progressed through the three sessions delivered, you made mental and physical notes that you should now utilise in turning into a reflective log accompanied by how you develop and any actions you take. Firstly, you should conduct a feedback session with the participants and others who witnessed this (coach, peers, colleagues and yourself). This feedback could be in the form of: • Questionnaires • Comment cards • 1 to 1 Once collated, you should use this to create your reflective log. You should provide information for each session in turn and focus upon your strengths and areas for improvement within each relevant section: • Practical delivery • Planning and preparation • Professionalism • Use of coaching styles and techniques Once you have completed this review you should identify your biggest areas for improvement and suggest how you could improve. Creating a development plan will help you to do this and provide focus. Within your development plan you should: • Identify activities available for development • Suggest any appropriate NGB courses • Mentor development • Self-reflection Within this development plan, ensure you work to improve and clearly identify any actions that you have undertaken to improve or any that you will imminently undertake.

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
D.P7	Review own performance, reflecting on the planning, and delivery of the session.
D.PB	Reflect on relevant areas for improvement.
D.M4	Assess own performance in the planning, preparation and delivery of sport and activity sessions, reflecting on strengths and areas for development and

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